



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

Celebrate National Senior Health & Fitness Day® On May 28

(Clearfield, Utah) – Davis County Health Department's Senior Services and Clearfield

Aquatic Center celebrate the 21st Annual National Senior Health & Fitness Day® on

Wednesday morning, May 28. The event is held in May in support of Older Americans

Month and National Physical Fitness and Sports Month.

As an official host site, the Clearfield Aquatic Center is the location for this free event, 8 a.m.-noon, filled with information, healthy ideas, examples, food and drink, prizes, and most of all fun. Starting at noon, a free lunch will be provided for people 55 years and older who received their participation ticket earlier in the day from one of the booths or activities. The center is adjacent to North Davis Junior High School at 825 South State Street, Clearfield.

On this day, local residents will join an estimated 100,000 seniors across the country to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

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“Davis County Senior Services helps older adults to live healthier lives through education, physical activity, and opportunities to increase knowledge to manage chronic diseases such as arthritis and diabetes,” said Kristy Cottrell RN, director of DCHD’s Family Health & Senior Services Division. “Partnering with the Clearfield Aquatic Center for this special event provides a venue for older adults to explore these opportunities in a fun environment,” she said.

For more information about this local celebration of National Senior Health & Fitness Day®, contact Joann Berzett at (801) 525-5082 or call the Aquatic Center’s Donna Russell at (801) 525-2642.

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